

In God's love we learn and grow together

Headteacher: Mrs J P Conley

9th May 2025

Dear Parent/Carer

Sleep Workshop – 9 am on Tuesday 20th May 2025

The Sleep Workshop is a 1-hour presentation to be delivered to parents/carers by the Mental Health Support Team.

The workshop content and delivery is highly engaging, interactive, and relevant to all families with young and school age children experiencing sleep problems. The workshop will explore up-to-date evidence and science, including local data, to help parents/carers understand the difficulties they may be experiencing and what may maintain the difficulties. By the end of the workshop you will understand the science of sleep, sleep cycles, the psychological and physiological benefits of sleep.

Parents/carers will be offered support to help overcome the sleep problems their child may be experiencing by sharing receive hints and tips for them to help their child. Signposting information regarding services who may be able to support with maintaining factors will also be shared.

If you would like to attend the workshop, please complete the form below and return to the school office, as soon as possible.

Yours sincerely

Mrs J P Conley
Headteacher

SLEEP WORKSHOP REPLY SLIP
Please return to the School Office

Name of Child:

Class:

I will be attending the Sleep Workshop on Tuesday 20th May at 9.00 am.

Parent Name:

Signature:
